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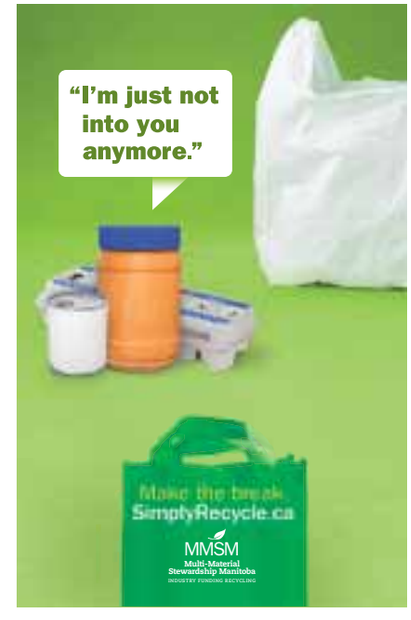

Winnipeg Fire Paramedic Service public education co-ordinator Marc Proulx says an effort between police, firefighters and other city departments has led to a significant drop in the number of arsons in the city. SHANE GIBSON/METRO

City sees big drop in arsons

Firebugs zapped.
WFPS credits concerted public education effort for decline in fires

SHANE GIBSON
shane.gibson@metronews.ca

In the hot summer months of 2012, Winnipeg firefighters responded to 304 deliberately set fires from May to August. Daily news coverage of burned-out garages and smouldering couches led to a push from the public to find a solution.

Now, just two years later, stats from the Office of the Fire Commissioner show the number of arsons this summer dropped to 123, down from 175 last summer.

What's happened? According to Winnipeg Fire Paramedic Service public education co-ordinator Marc Proulx, there is a united push by firefighters, police and the city to reach fire starters early and educate the public about prevention.

"It's been a huge effort to get those numbers down," said Proulx. "We did an arson blitz, where we identified 24 schools that were key targets and we'd present to every class.

"It's dropped, but it hasn't just happened overnight."

Proulx said the key has been for the Youth Fire Stop Program to get to kids aged eight to 12, when they are most curious about fire but can't be charged.

"The trick is to make sure these kids don't become adult fire-starters," he explained.

Proulx added that other city departments, such as water and waste, have played a role by making sure bulk waste is removed from back lanes quickly. Police and firefighters have also canvassed problem areas, speaking to residents about prevention.

Proulx said as arson numbers drop and the crime falls from the public eye, anti-arson efforts often lose funding, only to become necessary again when stats inevitably spike.

"It always comes back," he said. "Because there's new kids all the time, you have to have that consistent programming there."

By the numbers

The total annual number of arsons in Winnipeg fell to 352 in 2013 from 598 in 2012, and current numbers have arsons sitting at 154 from January to Aug. 31 this year.
SOURCE: OFFICE OF THE FIRE COMMISSIONER

Follow Shane Gibson on Twitter @tsgibson

NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1
PARKING GOES ONLINE
The Winnipeg Airports Authority launched a new online parking system that allows travellers to pre-book and prepay for parking at the Richardson International Airport. Visit waa.ca for the booking system.

2
SEARCHING FOR GAS PRICES
Canadians don't mind travelling farther from home in search of better gas prices, a Canadian Automobile Association poll found. The CAA also unveiled a new app called Get Gas Prices, and website getgasprices.ca.

3
GALLIANO TO MAKE COMEBACK
It's confirmed: John Galliano is making his comeback at Maison Martin Margiela. According to Women's Wear Daily, Galliano is expected to present his collection for the label in Paris next January.

4
GILLER PRIZE FINALISTS
Miriam Toews, David Bezmozgis, Frances Itani, Sean Michaels, Heather O'Neill and Padma Viswanathan are the finalists for the Scotiabank Giller Prize. The winner will be announced Nov. 1.

5
DON'T MISS THE ECLIPSE
If you missed April's lunar eclipse, now's your chance for a do-over. Tomorrow just before dawn, if the skies are clear, North Americans will have prime viewing of a full lunar eclipse.

Steeves outlines his plan to find $40M for use on infrastructure

The Big Chill. Mayoral candidate would freeze hiring, limit spending increases

COLIN FAST
winnipeg@metronews.ca

According to Gord Steeves, the city could find another $40 million for infrastructure — the equivalent of a 10 per cent tax increase — by freezing new hires and controlling spending on goods and services.

Speaking at his Scurfield Road campaign headquarters on Monday morning, the mayoral candidate outlined his plan to rein in spending "and keep those costs in line with our growth."

He said a hiring freeze on all non-essential positions could save $5.6 million per year, and that permanent reductions could be achieved through staff attrition.

"We will run our operation like a business," he explained. "We are not an employment agency, but rather an agency that's designated to provide certain, but limited service to our bosses — the citizens of this city."

Steeves said he doesn't think there's a single city department that requires more staff, and the only areas that would be safe from the freeze are police, fire and paramedic services.

He'd also limit spending increases for goods and services to the rate of inflation, which he said would save another $35 million annually.

He accused his primary rivals, Judy Wasylycia-Leis and Brian Bowman, of just looking at the revenue side of new taxes, while ignoring the impact they can have on the economy.

"A government does not have unlimited ability to tax," he said. "At some stage, you reach the level where the taxation is too high and it begins to hurt you."

Quoted

"A government does not have unlimited ability to tax."

Gord Steeves, candidate for Winnipeg mayor

Mayoral candidate Gord Steeves believes he can chop city spending by $40 million per year. COLIN FAST/FOR METRO

Mayoral debate

Paula Havixbeck accuses BOMA of blackballing her

In a statement released Monday, Paula Havixbeck accused the Building Owners and Managers Association of Manitoba of excluding her from their mayoral debate because she has been critical of the organization's members.

Havixbeck's release said she "has pushed for council to support the audits into the fire hall land swap deal and the heavily over budget police station. This likely would not sit well with members of the committee of building owners and managers."

Paula Havixbeck METRO FILE

Havixbeck noted fellow candidate Michel Fillion has also been left off the panel.

"How can it be truly democratic without all candidates participating? I ask that all candidates agree that all future debates include everyone running for mayor as a matter of principle," she said.

Metro's request for comment from BOMA Manitoba was not immediately returned. The debate will be held Oct. 15 at the RBC Convention Centre. METRO

Tax increases 'inevitable'

Winnipeggers support higher taxes for better roads: Poll

A new poll shows a majority of Winnipeggers agree municipal taxes must go up to maintain city services.

The Probe Research/Winnipeg Free Press/CTV survey found 64 per cent of residents agree property tax increases are "inevitable" to maintain basic services. The survey also asked respondents to identify city infrastructure priorities for the coming years.

A majority of those surveyed, 61 per cent, agree the city should invest in repairing existing infrastructure, while 21 per cent want council to expand major regional roadways. Only 14 per cent of Winnipeg adults said expanding the rapid transit network should be a priority.

The poll of 602 people was conducted between Sept. 18 and Oct. 1. It has a margin of error of plus or minus four per cent, with 95 per cent certainty. METRO

Search along Red River winds down

Missing, murdered aboriginal women.
Group to keep looking for clues next spring

Volunteers searching along the banks of the Red River for clues about the fate of missing and murdered aboriginal women are winding down their search, as temperatures drop and leaves blanket the muddy ground.

A group has been searching along the river in Winnipeg ever since the body of 15-year-old Tina Fontaine was pulled from the water in August. Searchers have found bones, which turned out to be animal remains, along with a blood-splattered pillowcase, a bloody rug, a set of dentures and clothing.

Anything suspicious has been turned over to police.

Bernadette Smith, whose sister Claudette Osborne disappeared six years ago, said the ground search is becoming too difficult.

"We're dealing with lots of mud due to the rain," she said. "The leaves have been a big hindrance. You have to move them all out of the way. It's been really hard and it's taken us a long time."

Volunteers will continue dredging the river for another few weeks as the water level drops, Smith said. They're still hoping to uncover anything from a distinctive piece of clothing to a body that might bring closure to a family searching for a missing loved one.

When the snow melts away next spring, the volunteer group plans to resume its own search, Smith said. The effort has brought the community together and empowered families who felt helpless, she added. THE CANADIAN PRESS

Volunteers from the Drag the Red group search along the bank of the Red River near the Alexander Docks on Sept. 17. SHANE GIBSON/METRO FILE

Firefighters talk smoke alarms at Bernie Wolfe School

Firefighter Marcel Laporte and Bernie Wolfe School teacher Meghan McOmber — who donned firefighter gear — give high-fives to students Monday at the launch of Fire Prevention Week. The theme is making sure smoke alarms are in working order, and the Winnipeg Fire Paramedic Service has a number of events planned over the week. SHANE GIBSON/METRO

Education. More than 100 new teachers hired to reduce class sizes

The Manitoba government says it has hired more than 100 new teachers this year as part of its goal to reduce class sizes.

Education Minister James Allum says the province has hired a total of 315 teachers in the first three years of its plan.

Speaking at the opening of a new kindergarten classroom in Winnipeg, Allum said almost 60 per cent of kindergarten to Grade 3 classes now have 20 or fewer students.

Allum says that means teachers have more time to spend with individual students to assess their skills in the critical early learning years.

The government will have spent almost $40 million by the end of this fiscal year on the smaller-class initiative that began in 2011-12.

As part of the plan, school divisions will be required to ensure kindergarten to Grade 3 classrooms are at 20 students or fewer by September 2017.

THE CANADIAN PRESS

Killed in Honduras. Two Canadians with ties to Virden shot dead

Two men with ties to the southwestern Manitoba community of Virden have been shot and killed in Honduras.

Gerry Beltz says his brother, Wayne, was gunned down Sunday in a small beach community where he had owned a bar and restaurant for the last 20 years.

The victim's stepson, Rob Beltz, was also killed.

Gerry Beltz says it doesn't look like robbery was the motive in his brother's shooting.

He says it appears that the stepson, who worked on the oil rigs in Honduras and was visiting his stepfather, was being targeted.

Both men are to be buried in Honduras.

Wayne Beltz, who was known as Henry, was in his late 50s and Rob was in his late 30s.

THE CANADIAN PRESS

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Canada debates role in ISIS battle as fighter jets prepare for takeoff

Fog of war. House of Commons set to approve deploying aircraft to Iraq as concerns raised about civilian casualties

A U.S. soldier begins his journey home at the end of the U.S. military mission in Iraq in 2011. Canadian fighter jets will soon be sent off to war in Iraq, as the House of Commons stands poised to approve a motion that would deploy aircraft to the country for up to six months. KHALID MOHAMMED/THE CANADIAN PRESS

Canadian CF-18s will soon be heading off to war in Iraq, leaving Parliament and the public in a fog about some key elements of the military commitment — notably what efforts will be made to limit civilian casualties.

The House of Commons stands poised to approve a motion, likely on Tuesday, that would deploy six fighter-bombers, two CP-140 surveillance planes and one refuelling aircraft for coalition air strikes in Iraq for up to six months.

The Harper government was mute during Monday's debate about what precautions would be taken to prevent bombs from going astray and killing innocent people.

Defence Minister Rob Nicholson would only say that the air force will "live up to the highest standards."

National Defence was asked what sort of legal agreements were in place to protect Canadian pilots from possible accusations of targeting civilians.

A spokeswoman for Nicholson, Johanna Quinney, would respond with only the blanket assurance that the air force is "authorized to strike (ISIS) in the Republic of Iraq."

Green party Leader Elizabeth May questioned the effectiveness of airstrikes, citing published reports from the region quoting Kurdish fighters who say the airstrikes have failed to slow ISIS's advance.

"They scattered and reform after the jets leave," said May, who asked for evidence that the bombing runs would prove effective.

She wondered whether "the planned mission will do anything other than to fall into the trap (ISIS) has set to get us involved for their propaganda and ongoing efforts to destabilize the region and encourage recruitment."

Also left unanswered by the debate was the question of under what circumstances Canadian aircraft would conduct missions over Syria.

Last week, Prime Minister Stephen Harper said such raids would only be done with the consent of the Syrian government.

THE CANADIAN PRESS

Chicago. American teen charged after attempting to fly to Syria to join ISIS

An American teenager who expressed disgust with Western society was arrested at a Chicago airport, from where he intended to travel to Turkey so that he could sneak into Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, according to a criminal complaint released Monday.

Members of the FBI's Joint Terrorism Task Force arrested Mohammed Hamzah Khan, a 19-year-old U.S. citizen from the Chicago suburb of Bolingbrook, on Saturday at O'Hare International Airport. Khan is charged with attempting to provide material support to a foreign terrorist organization, and a federal judge has ordered him held until a detention hearing Thursday.

According to prosecutors, Khan was trying to fly to Istanbul when customs officers stopped him at O'Hare's international terminal. While FBI agents interviewed him there, others executed a search warrant at his home and found documents he wrote expressing support for the Islamic State group. THE ASSOCIATED PRESS

Mohammed Hamzah Khan's parents leave the Dirksen federal building Monday in Chicago. Khan is charged with attempting to provide material support to a foreign terrorist organization. AL PODGORSKI/SUN-TIMES MEDIA/THE ASSOCIATED PRESS

Japan

Student suspected of planning to join terrorist group

Japanese police questioned a university student and several others Monday over suspected plans to travel to Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, reports said.

The reported investigation by Tokyo police would be the first indication of possible support within Japan for the militant group. Tokyo Metropolitan Police declined to comment on the reports.

News outlets said investigators questioned a 26-year-old male Hokkaido University student and several men who shared a house with him on suspicion they were preparing to go to Syria to fight.

Investigators believe that the student, who is on a leave of absence from school, responded to a poster at a bookstore in downtown Tokyo offering positions for "work in Syria."

THE ASSOCIATED PRESS

Kenya's president to step down during ICC hearing

Kenyan President Uhuru Kenyatta on Monday told the nation in an address before parliament that he would temporarily step down while attending a hearing at the International Criminal Court this week.

Kenyatta faces crimes against humanity charges at The Hague, Netherlands-based court for allegations that he helped instigate violence that followed Kenya's December 2007 presidential election, when more than 1,000 people were killed.

The court ordered him to attend a status hearing Wednesday, denying his request that he participate by video. The hearing would be the first time a sitting president attends an ICC session, a mark Kenyatta's political supporters have urged him to avoid.

Seeking to bypass that notation in history, the president on Monday said he would invoke a never-before-used article of the constitution that will see Deputy President William Ruto temporarily become president.

Kenyan President Uhuru Kenyatta
BAS CZERWINSKI/THE ASSOCIATED PRESS FILE

The temporary abdication is Kenyatta's way of fulfilling the court order, but also insisting that he be a private citizen during the hearing.

In his speech, Kenyatta maintained his innocence, and said Africa's "century of exploitation and domination" by the West continues.

He said the accusations he faces occurred before he became president.

"It is for this reason that I chose not to put the sovereignty of more than 40 million Kenyans on trial since their democratic will should never be subject to another jurisdiction," Kenyatta said.

George Kegoro, executive director of the Kenyan chapter of the International Commission of Jurists, lauded the president for following the rule of law. If Kenyatta had refused to go, he risked an international arrest warrant and international condemnation or economic sanctions against Kenya.

"If he had refused it would have destroyed our economy. The economy would not have recovered during his tenure," said Gitobu Imanyara, a lawyer and former legislator.

THE ASSOCIATED PRESS

Witness troubles

The case against Kenyatta appears to be collapsing as witnesses refuse to testify or recant their statements, and a once-rocky relationship with the U.S. and Europe seems to be improving.

Pastafarian minister can't wear colander

Embracing spaghetti.
B.C. man's driver's licence not renewed, over his fight to sport religious headwear

THANDI FLETCHER
Metro in Vancouver

Obi Canuel, an ordained minister in the Church of the Flying Spaghetti Monster, says ICBC is denying his right to wear religious headwear, a colander, in his driver's licence photo. He already has a B.C. services card with a photo of him wearing the spaghetti strainer. CONTRIBUTED

A Surrey, B.C., man is boiling mad he can't legally drive until he removes his unusual religious headgear, a spaghetti strainer, for his driver's licence photo.

Obi Canuel, 36, said he tried to renew his interim driver's licence on Friday, but was told the Insurance Corporation of B.C. would not issue him a new one until he agreed to take off the colander.

"I refused," Canuel told Metro. "I want to have the right to express myself in the religious way of my choosing."

A self-styled Pastafarian, Canuel's plight began nearly a year ago when he tried to renew his driver's licence while wearing a colander.

In July, the insurer sent Canuel a letter refusing to grant him a new licence using the photo, stating "there is no religious requirement that prohibits you from removing the colander."

A Pastafarian's choice

"I want to have the right to express myself in the religious way of my choosing."
Obi Canuel, ordained Pastafarian minister

As an ordained minister in the Church of the Flying Spaghetti Monster — a parody religion in which members say they believe the world was created by a drunken, flying spaghetti monster — Canuel said ICBC's refusal to allow him to wear a colander for his driver's licence photo infringes on his rights under the Canadian Charter of Rights and Freedoms.

Certificates of ordination can be obtained by anyone who sends $20 US ($30 for international orders) to the website venganza.org.

"It certainly seems that ICBC is less friendly towards Pastafarians, and I wish that they would embrace the spaghetti a little more," Canuel said.

Adam Grossman, a spokesman for ICBC, said the insurance corporation only issued Canuel an interim driver's licence while they considered his request to wear the colander. "Interim (driver's licences) are never intended to be anything other than temporary," Grossman wrote in an email.

Grossman said ICBC always tries to accommodate customers with head coverings where their faith prohibits them from removing it, but that Canuel could not provide any proof his faith prohibits it.

As for Canuel's next step, he isn't sure if he plans to give up his battle against ICBC yet.

"The future is as murky as a boiling pot of pasta," he said, "but I have faith that things will turn out right for me."

Rescued puppies need homes

Twenty puppies left for dead in a field near Glaslyn, Sask. are on their way to a full recovery.

On Friday at roughly 6 p.m., the 20 mixed-breed, weeks old dogs were brought to the Battleford's Humane Society after a hunter discovered them

Dehydrated, cold and full of lice and fleas, shelter coordinator of the humane society, Michelle Spark, was shocked so many animals would be abandoned, adding her staff are nursing each puppy back to health.

"Overall they're healthy," she said.

"They don't appear to be sick, they're still on a 10-day quarantine just to make sure they don't have any viruses ... and now we're in the middle of bathing, cleaning them up, getting rid of fleas and deworming."

Eight of the 20 puppies rescued by a Saskatchewan hunter Friday night have already been adopted. COURTESY FACEBOOK/BATTLEFORDS HUMANE SOCIETY

Photos of the 20 puppies posted to the Battleford's Humane Society's Facebook page on Saturday morning were shared widely, and Spark said the post has now been seen by more than 80,000 people.

The shelter has also received what she says are thousands of dollars in donations of dog food, kennels and toys for the puppies, receiving at least 500 phone calls about the abandoned dogs from across Canada and around the world.

"We've kind of been working in crisis mode for the last three days and we've had overwhelming support from all across Canada," she said. "Even down into Mexico, we've had people call from Mexico wanting to leave donations."

"It's just been fantastic," she said. "Our office is full of puppy food, teddy bears and kennels."

Spark said the support has been "overwhelming" and she hopes it continues after the crisis, as the shelter is already 20 dogs over capacity.

"We are a very small shelter and it is very rundown and we are in the process of raising money for a bigger facility," she said. "So it would be nice to see this continued support even after the crisis is over."

Spark said the shelter has already found homes for at least eight of the 20 puppies, adding inquiries about adopting the dogs have been pouring in.

"We have applications coming out of our ears," she said.

MORGAN MODJESKI/FOR METRO

TRANSIT TUESDAY
Weekly Transit News Update

INTERESTED IN A CAREER WITH THE CITY OF WINNIPEG?

Check out The City of Winnipeg Career Symposium today from 12:00 pm to 7:00 pm at the RBC Winnipeg Convention Centre, located on the 3rd floor, 375 York Avenue. The symposium includes interactive displays by City departments, including Winnipeg Transit!

Learn about the wide range of careers with the City of Winnipeg, and find out what it's like to work for the City. The symposium is free of charge and open to everyone! Visit winnipeg.ca. for more information on job opportunities at the City of Winnipeg,

Winnipeg Transit will be accepting applications for bus operators at the event. Required documentation to apply includes a resume, Driver's abstract, Driver Safety rating movement form with a +1 or higher. Visit winnipegtransit.com for more information.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about our Park & Ride service.

SAVE SOME GREEN WITH AN ECOPASS!

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5% to 100% on transit. Visit our website for more information.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

DART Dial-A-Ride Transit
Winnipeg Transit's DART service is available during off-peak hours in selected areas of south and southeast Winnipeg. Whether you're working out, visiting friends or shopping – call 287-DART (3278) and speak directly to the driver to arrange pick up.
Regular fares apply.
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Brain GPS project finds Nobel Prize

'Grid cell.' Discovery represents a paradigm shift in the knowledge of how cells work together

Husband-and-wife team May-Britt Moser (left) and Edvard Moser in a laboratory in Trondheim in 2008. GEIR MOGEN/NTNU HANDOUT/THE ASSOCIATED PRESS

U.S.-British scientist John O'Keefe and Norwegian scientists May-Britt Moser and Edvard Moser won the Nobel Prize in medicine on Monday for discovering the "inner GPS" in the brain that helps us navigate through the world.

Their findings in rats — and research suggests that humans have the same system in their brains — represented a "paradigm shift" in the knowledge of how cells work together to perform cognitive functions, the Nobel Assembly said, adding that knowing about the brain's positioning system may "help us understand the mechanism underpinning the devastating spatial memory loss" that affects people with Alzheimer's disease.

"This year's Nobel laureates have discovered a positioning system, an inner GPS in the brain, that makes it possible to orient ourselves in space," the assembly said.

O'Keefe, 75, of University College London, discovered the first component of this system in 1971 when he found that a certain type of nerve cell was always activated when a rat was at a certain place in a room. He demonstrated that these "place cells" were building up a map of the environment, not just registering visual input.

Thirty-four years later, in 2005, May-Britt Moser and Edvard Moser, a married couple at the Norwegian University of Science and Technology in Trondheim, identified another type of nerve cell — the "grid cell" — that generates a co-ordinate system for precise positioning and path-finding, the assembly said.

THE ASSOCIATED PRESS

Jewish teens pedal in prep for Sukkot

In this photo provided by Chabad.org, 10 Chabad-Lubavitch teens on 'pedi-sukkahs' ride down Fifth Avenue in New York on Monday. The pedi-sukkahs are modified pedi-cabs with a Sukkah — a hut-like structure covered with bamboo — attached on the back. The goal of the parade is to create awareness for the upcoming Jewish holiday of Sukkot, a seven-day, biblically mandated holiday which begins Wednesday and ends after nightfall on Oct. 15. ITZIK ROYTMAN/THE ASSOCIATED PRESS

"I'm looking for something more long term."
RECYCLING REMINDER
#9
Recycle your plastic bags, just not in your recycling cart. Bring them to one of many retailers with collection bins.
Make the break.
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INDUSTRY FUNDING RECYCLING

Hong Kong. Number of demonstrators dwindling

The students whose calls for democratic reforms sparked the most dramatic challenge to authorities since Hong Kong returned to Chinese control are vowing to keep up the fight.

But as the numbers of protesters dwindled Monday from tens of thousands into the hundreds, it was unclear where the tumult of the past week would lead.

In the Mong Kok district, the site of weekend clashes in which mobs tried to drive the demonstrators out of the intersection they were blocking, hundreds of curious onlookers surrounded the remaining protesters Monday evening, taking pictures.

"The threats in Mong Kok have passed, and now people are just curious about the situation," said 36-year-old Anita Lee, a resident in Hong Kong. "There are more onlookers than protesters."

Many in Hong Kong are wondering if the protest movement may have run its course and whether the students have a clear strategy for pressing their demand that all candidates for the city's top leader, or chief executive, not be screened by a pro-Beijing committee.

"They can't sustain attendance in protests if it goes on and on," said Michael Davis, a professor at Hong Kong University. "They need some strategy where they can withdraw the crowds so they can say to the government that if they are not sincere, they will mobilize crowds back on the streets."

THE ASSOCIATED PRESS

A man jumps from a barricade of pro-democracy demonstrators in Hong Kong on Monday. PHILIPPE LOPEZ/THE ASSOCIATED PRESS/GETTY IMAGES

Intellectual dissent

Tiananmen Square legacy looming over protesters in Hong Kong

The legacy of the 1989 crackdown in Tiananmen Square looms larger in Hong Kong than in mainland China, where the Communist Party has virtually erased all public mention of it.

In this former British colony, hundreds of thousands attend candlelight vigils each anniversary to commemorate the grim end to the Beijing movement that was vanquished before many of the pro-democracy protesters in Hong Kong's streets were even born.

Hong Kong's student-led protesters insist they are not challenging communist rule, just details of Beijing's plans for political reforms in the city.

However, many of their elders fear the protesters risk going too far if they stay in the streets in defiance of demands to leave in the biggest challenge to China since it took control of Hong Kong in 1997.

THE ASSOCIATED PRESS

Mormon-founded Alberta town of 3,500 to vote on alcohol sales

Dry for 109 years. Plebiscite would enable the sale of alcohol at restaurants and golf courses

An alcohol sales ban in place since Alberta became a province will be voted on in a plebiscite in Cardston, Alta. today.

Cardston, located 240 kilometres south of Calgary, was founded in 1887 by Mormon settlers. The religion prohibits the drinking of coffee, tea and alcohol, and believes Sundays are holy and should be about reflection.

About 80 per cent of its 3,500 residents are Mormons, or members of the Church of Jesus Christ of Latter-day Saints.

The non-binding plebiscite limits the sale of alcohol at restaurants with a meal or at the local golf course or recreational facility. It does not call for the opening of liquor stores.

The plebiscite, which also asks about fluoride in the water and allowing backyard hens, simply asks, "Are you in favour of alcohol sales within the Town of Cardston?"

Currently the two nearest communities where alcohol can be obtained are Fort Macleod to the north and Lethbridge to the northeast.

Mayor Maggie Kronen says if the vote is in favour of allowing liquor sales it will be up to the province to amend the liquor laws as they apply to Cardston.

She acknowledges the change could result in economic spinoffs.

THE CANADIAN PRESS

Transplanted womb gives couple new baby boy

Vincent, the first baby born to a woman who had a womb transplant, is cradled by his mother at an undisclosed location in Sweden on Monday. The parents say they hope they can be an inspiration to others struggling with infertility. After what they describe as a roller-coaster journey, the unnamed couple finally became parents last month, when the mother gave birth to a healthy but premature baby boy.

BEN JARY/THE ASSOCIATED PRESS

Mischief charge. Aussie in Calgary claims she's victim of sex trafficking

Calgary police have charged an Australian woman who says she is an underage victim of sex trafficking and exploitation.

Police say a woman walked into a city health centre last month and said she was a 14-year-old who had been abducted and sexually assaulted over a prolonged period.

She was taken to hospital where health workers and police spent hours working with her to establish the extent of her abuse and to provide care.

Police say they were notified last week of a case in Dublin, Ireland, last year in which police charged a woman for making similar claims.

It's believed the woman — who uses several aliases, including Aurora Hepburn — is the same in both instances.

Samantha Lyndell Azzopardi

THE CANADIAN PRESS/HO-CALGARY POLICE SERVICE

Samantha Lyndell Azzopardi, 26, is charged with public mischief to mislead a peace officer.

THE CANADIAN PRESS

Virginia

Richmond issues first same-sex marriage licence

Just hours after the U.S. Supreme Court cleared the way by turning away several appeals, gay couples have started marrying in Virginia.

Thirty-year-old Lindsey Oliver and 42-year-old Nicole Pries received the first same-sex marriage licence issued from the Richmond Circuit Court Clerk's office shortly after 1 p.m. on Monday.

Upon leaving the courthouse, they were married by gay-rights advocate Rev. Robin Gorsline.

The couple said Monday also was the anniversary of a commitment ceremony they held on a North Carolina beach three years ago.

THE ASSOCIATED PRESS

New Jersey

Latin motto lost in translation

The Latin motto engraved on the wall of a new library in southern New Jersey was translated incorrectly.

Officials had thought the phrase "Nos Secundus Conjecto Omnia" meant "We confirm all things twice." But it actually means "We second-guess all."

Moorestown architect Rick Ragan tells the Burlington County Times he learned of the problem from residents who translated it online.

Ragan says he'll pay a stonecutter to change the phrase to "We encourage all." He'll also have the Roman numerals fixed to reflect the proper year.

Mayor Chris Chiacchio tells the newspaper a mistake is a mistake only if you do not have the courage to correct it. THE ASSOCIATED PRESS

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Vaccine may be the only way: Experts

Epidemic too large. Specialists losing hope of containing Ebola

Nowa Paye, 9, is taken to an ambulance after showing signs of Ebola infection in the village of Freeman Reserve, about 50 kilometres north of Liberia's capital city Monrovia. THE ASSOCIATED PRESS FILE

As West Africa's Ebola outbreak continues to rage, some experts are coming to the conclusion that it may take large amounts of vaccines and maybe even drugs — all still experimental and in short supply — to bring the outbreak under control.

Embedded in that notion is the reality that the catastrophic epidemic may remain unchecked for months, given that these products haven't yet been proven to be safe or effective in people, and won't be available in significant amounts any time soon.

"It is conceivable that this epidemic will not turn around even if we pour resources into it. It may just keep going and going and it might require a vaccine," Dr. Anthony Fauci, director of the U.S. National Institute for Allergy and Infectious Diseases, told The Canadian Press in an interview.

Earlier in the outbreak many experts insisted experimental vaccines could not be tested and produced in large enough amounts in time to affect the outcome. They stressed publicly — some still do — that the "tried-and-true" measures used to contain Ebola outbreaks in the past would eventually control this one.

Those measures are aimed at breaking the chains of transmission. The sick are housed in isolation units, where the only people they have contact with are garbed head-to-toe in protective apparel. Those who don't survive are buried in thick body bags, without the cultural rituals that often spread the disease.

Contacts of the sick are monitored for 21 days and are whisked into isolation if they start to get ill. People with Ebola are believed to be contagious only when they have symptoms, which is when you need to ensure they don't come into contact with others.

But this epidemic is so large it has long since outstripped the capacity of responders to care for all the sick, let alone trace their contacts. People are dying at home, infecting their families in the process. Some are dying abandoned on streets, or outside the gates of over-full treatment centres.

On Sunday, Sierra Leone reported 121 deaths. That is more deaths in a single day than recorded in most Ebola outbreaks from start to finish. The World Health Organization says to date about 7,500 people are known to have been infected with the virus, and more than 3,400 have died.

"When (it) extends to thousands of individuals in multiple countries across borders and your health-care system is not functional, it is impossible to control it if that is your only intervention. That's my view," says Jeremy Farrar, head of the British-based Wellcome Trust, which has offered to fund clinical trials of a number of the experimental drugs and vaccines.

"I think anybody who says that there's a single answer to this is wrong in the sense that 'more of the same' will sort the problem out.... I think we've gone beyond that now."

Two experimental Ebola vaccines have been shown to protect primates; several others are further back in the pipeline. But human clinical trials have only just begun on one, designed by scientists in Fauci's institute and being brought to market by pharma giant GlaxoSmithKline or GSK.

THE ASSOCIATED PRESS

Inbound. Health officials debating additional Ebola screening at U.S. airports

American health officials said Monday the U.S. is weighing whether to institute extra screening at U.S. airports where travellers from Ebola-stricken African nations may be arriving, ahead of a White House meeting on the Ebola outbreak.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said "discussion is underway right now" and "all options are being looked at." The question, Fauci told CNN, is whether "the extra level of screening is going to be worth the resources you need to put into it."

"There is clear-cut screening going on in the exit end," Fauci said, referring to the Ebola-affected countries' practice of screening outbound passengers before they leave. The current U.S. discussion, he said, centres on "what kind of screening you do on the entry end. That's something that's on the table now."

An MSF nurse is prepared with per sonal protection equipment in Monrovia, Liberia.
JEROME DELAY/THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Aid. Canadian military plane takes off with face shields for West Africa

Canada has sent a military cargo plane to West Africa to deliver protective medical equipment the World Health Organization badly needs there.

The federal government announced Monday that a Hercules aircraft left CFB Trenton, Ont., to transport plastic face shields used by health teams working on the Ebola response.

The plane was destined for Freetown, Sierra Leone, bearing 128,000 face shields donated to the WHO by the government of Canada.

The WHO had requested 300,000 face shields; another shipment will be sent within the next week, the Public Health Agency of Canada said.

Last month the federal government announced it would make $2.5 million in personal protective equipment available to the WHO for the Ebola response.

THE CANADIAN PRESS

Grounded

"Some of the airline companies we contacted did not want to ship to that country."

Canada's chief public health officer Greg Taylor

Under investigation

Norwegian doctor tests positive for Ebola

Doctors Without Borders said Monday that one of its workers in Sierra Leona has tested positive for Ebola and is returning to Norway.

Anne-Cecilie Kaltenborn, the organization's general secretary in Norway, said the Norwegian female doctor started feeling sick over the weekend and was isolated after she came down with a fever on Sunday. Lab tests then confirmed she was infected with the virus.

"We don't know how she was infected. We have very strict rules about working in the field, and all our workers use protective clothing," Kaltenborn told reporters in Oslo. "She will be placed in an isolation ward in hospital in Oslo after arrival."

Kaltenborn declined to name the worker or give further details pending an investigation by the organization. She said Doctors Without Borders has 86 foreign workers among the 1,200 working currently in Sierra Leone.

THE ASSOCIATED PRESS

Spain has first transmission outside Africa

In the first known transmission of the current outbreak of Ebola outside West Africa, a Spanish nurse who treated a missionary for the disease at a Madrid hospital has tested positive for the virus, Spain's health minister said Monday.

The female nurse was part of the medical team that treated a 69-year-old Spanish priest who died in a hospital last month after being flown back from Sierra Leone, where he was posted, Health Minister Ana Mato said.

The nurse is believed to have contracted the virus from that priest.

Spain's Health Minister Ana Mato
THR ASSOCIATED PRESS

The World Health Organization confirmed there has not been a previous transmission outside West Africa in the current outbreak. WHO spokeswoman Fadela Chaib told The Associated Press that so far there have only been confirmed cases in West Africa and the United States, and no known transmission outside West Africa.

The organization is awaiting official notification of the case from Spanish authorities.

The woman went to a hospital in the Madrid suburbs with a fever on Sunday and was placed in isolation. Mato said the infection was confirmed by two tests.

The woman's only symptom was a fever and she was on vacation when she fell sick, Antonio Alemany, Madrid director of primary health care, told a news conference.

Alemany said authorities are drawing up a list of people the nurse had contact with, though he did not say how many people that might be, or where she went on holiday. She is married but does not have children.

Nobody, apart from the woman is in quarantine, but her husband and the paramedics who admitted her on Sunday are being monitored. Officials did not say how or where.

THE ASSOCIATED PRESS

Online abuse. Woman accused of hassling missing girl's parents found dead

A 63-year-old woman accused of abusing the parents of missing girl Madeleine McCann online has been found dead in a hotel room near Leicester, central England. Her death has revived debate about media responsibility and how to respond to online "trolls."

Television channel Sky News identified Brenda Leyland as a Twitter user who had expressed doubt about Kate and Gerry McCann's explanation following their daughter's disappearance.

Last week, a Sky News reporter confronted Leyland — who lived in the same county as the McCanns — on camera about the alleged abuse. She said she was entitled to send the tweets.

Leicestershire Police said the body of the woman was found on Saturday and the death is not being treated as suspicious.

Madeleine McCann disappeared days before her fourth birthday in May 2007 during a vacation at a Portuguese resort. The case is unsolved, but in a 2008 book, a Portugeuse detective alleged the McCanns were involved. THE ASSOCIATED PRESS

United Kingdom

Man admits to hammer attack

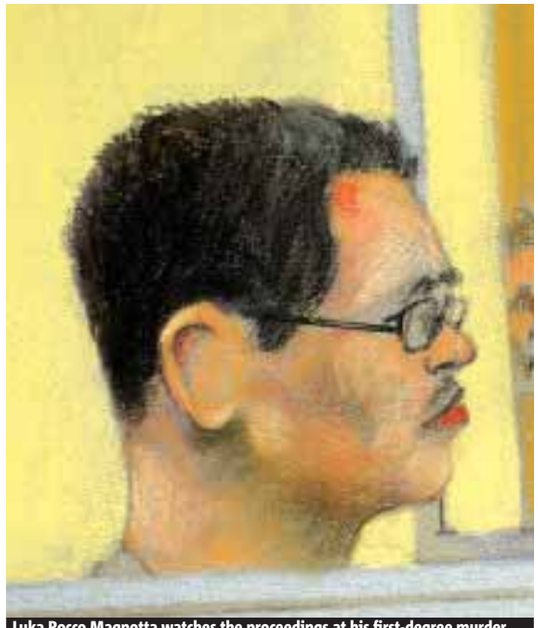
A British man has admitted to battering three sisters from the United Arab Emirates with a hammer during an attack at a London hotel, but denies trying to kill them. THE ASSOCIATED PRESS

New York City

Bear cub dead in Central Park

A bear cub was found dead Monday morning by a dog walker, under a bush inside New York City's Central Park. Authorities suspect animal cruelty. THE ASSOCIATED PRESS

Details unclear about how Lin, Magnotta met: Police



Luka Rocco Magnotta watches the proceedings at his first-degree murder trial in Montreal on Sept.30, 2014. MIKE MCLAUGHLIN/THE CANADIAN PRESS

No answers. Phone records, online activity and photos offer no conclusions as to how Lin and Magnotta came into contact

Jurors in Luka Rocco Magnotta's first-degree murder trial were told Monday police have been unable to determine how the accused first met Jun Lin, based on the gathered evidence.

"Despite intensive searches ... nothing allows us to establish how they met, when or why," Montreal police Det.-Sgt. Claudette Hamlin testified, having checked their phone records, online activity and photos on Lin's computer, none of which are of Magnotta.

The trial resumed Monday with more surveillance video from Magnotta's apartment building that shows him leaving for the last time on May 26, 2012 holding a carry-on suitcase and getting into a taxi two days after Lin was seen walking into the building with Magnotta.

Lin, 33, was seen on surveillance wearing a yellow T-shirt, shorts and baseball cap as he walked into the apartment building with Magnotta at 10:16 p.m. on May 24, 2012. He was never seen alive again.

Over the next day Magnotta was caught on the same cameras wearing Lin's T-shirt and methodically putting the trash in the building's basement and outside before leaving for the final time two days later.

Lin's torso was found May 29, stuffed in a suitcase behind the building along with others in the trash.

Magnotta has admitted to causing the acts he's accused of, but his lawyer says his client suffers from schizophrenia and borderline personality disorder, and insists he is not criminally responsible.

The Crown contends the killing was deliberate and planned. THE CANADIAN PRESS

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Big Brothers Big Sisters.ca

Hewlett-Packard.
Company splits in two in bid to stem tide of losses

Hewlett-Packard is splitting into two companies. THE ASSOCIATED PRESS FILE

Hewlett-Packard is splitting itself into two companies, one focused on its personal computer and printing business and another on technology services such as data storage, servers and software, betting that it can drive faster sales growth with more focused operations.

Hewlett-Packard, like other PC makers, has struggled as customers shifted toward smartphones and tablets and away from desktops and laptops. It also has been shifting its services business toward cloud computing opportunities as fewer customers opt for traditional data storage. The company has posted revenue declines in 11 of the past 12 quarters and laid off tens of thousands of people in recent years as it attempts to cut costs.

HP hopes that the two units will be worth more separately and be able to grow more quickly apart than they can together.

The planned breakup follows other big companies that have spun off business units in order to drive growth. EBay Inc. last week said it would spin off its fastest-growing segment, payment service PayPal, into a separate publicly traded company.

HP first considered breaking off its PC unit back in 2011, but decided against it. CEO Meg Whitman, who has been leading the company's turnaround for the past three years, said Monday that HP has now shored up its business enough to support the split.

"The best tactic to continue the turnaround journey is to position HP as two great new companies," she said in an interview with CNBC. "Before a few months ago we were not in the right position to do this."

Whitman said the split will give the two companies "the independence, focus, financial resources, and flexibility they need to adapt quickly to market and customer dynamics." THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.84¢ (+1.02¢)

TSX 14,743.12 (-46.66)

OIL $90.34 US (+$0.60)

GOLD $1,207.30 US (+$14.40)

Natural gas: $3.91 US (-$0.09)
Dow Jones: 16,991.91 (-17.78)

Rose $3 billion

WhatsApp? The final price of the messaging service

Facebook has completed its acquisition of the mobile messaging service WhatsApp for almost $22 billion US, up from the original $19 billion when the cash-and-stock deal was struck early this year thanks in part to the rising price of Facebook shares.

Facebook named WhatsApp co-founder and CEO Jan Koum to its board Monday. WhatsApp is by far the largest acquisition for the Menlo Park, Calif., company, and bigger than any deals made by Google, Microsoft or Apple.

WhatsApp has been growing rapidly, especially in developing countries like Brazil, India, Mexico and Russia, and now has more than 500 million users. THE ASSOCIATED PRESS

Storied hotel

Hilton selling Waldorf Astoria for $1.95 billion

Hilton Worldwide is selling the Waldorf Astoria New York to Chinese insurance company Anbang Insurance Group Co. for $1.95 billion US.

Hilton will continue to manage the storied hotel for the next 100 years as part of an agreement with Anbang.

The Waldorf Astoria New York has restaurants including Peacock Alley, Bull and Bear Prime Steakhouse and Oscar's. The companies said Monday that the property will undergo a major renovation.
THE ASSOCIATED PRESS

Postmedia newspapers, including the National Post and Ottawa Citizen, are shown with Quebecor Media's Ottawa Sun on Monday. JUSTIN TANG/THE CANADIAN PRESS

Postmedia buying big chunk of Sun Media

Extra! Extra! Read all about it! National Post owner has a $316M deal to purchase Quebecor's English-language newspapers and websites

Postmedia is bulking up its ammunition against Facebook and Twitter by spending more than $316 million to purchase most of Sun Media, an effort it hopes will help stop the steady erosion of its advertising business.

The move will make the owner of the National Post, and a slate of other digital news properties, a significantly larger national media player and allow it to tap further into the eroding newspaper industry as it builds its online network of websites.

"We need this scale, and of course time, to be able to compete with the giant foreign-owned, digital-only companies like Google, Facebook, Yahoo, Twitter, etc.," Postmedia CEO Paul Godfrey said in a news conference on Monday.

Buying Quebecor's English-language operations puts a lot of options at Postmedia's disposal, including 175 traditional newspapers and publications, such as the Sun chain of dailies, the London Free Press and the 24 Hours dailies in Toronto and Vancouver.

Postmedia also pockets valuable real estate that could soon be on the sales block, as it focuses on assets like the Canoe.ca national news website, which is part of the acquired properties.

"Digital audiences are unbelievably valuable to this strategic acquisition," Godfrey said.

"Over time, our hope is that Canoe and all of the other related websites may very well become the jewel of the deal."

The sale is subject to approval by the Competition Bureau. THE CANADIAN PRESS

Factory orders decline in Europe's biggest economy

German factory orders dropped sharply in August, led by a big drop in demand from abroad and cancelling out a large rise the previous month, official data showed Monday.

Orders in Europe's biggest economy were down 5.7 per cent compared with the previous month, the Economy Ministry said, a significantly worse showing than the 2.5 per cent drop economist had predicted.

The ministry said big-ticket orders were slightly below average and demand was hit by the timing of school vacations in Germany, but conceded that demand was weakened by the "hesitant economic development" of the 18-nation eurozone and uncertainty caused by "geopolitical events" — shorthand for crises in Ukraine and the Middle East.

The previous month's data had sent a positive signal, with orders rising 4.9 per cent in July following two more modest drops.

"Besides technical factors largely causing this enormous swing ... we think that the first signs of fundamental weakness have arrived in the German manufacturing sector," said Andreas Rees, an economist at UniCredit.

A closely watched survey of German business confidence has declined for the past five months amid fears caused by the persistent turmoil in Ukraine and sluggish growth in Europe and China.

The drop in August was led by a 9.9 per cent fall in orders from outside the eurozone, followed by a 5.7 per cent decline in demand from other countries in the eurozone. Domestic orders were down two per cent.
THE ASSOCIATED PRESS

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GETTING OLD SUCKS — OR DOES IT?

SHE SAYS
Jessica Napier
metronews.ca

As I enter my late 20s (OK, *very* late 20s), I've noticed many of my peers complaining about getting old. This is ridiculous, of course, since nobody born in the 1980s has any legitimate claim to being over the hill.

We live in a culture that glorifies youth, but aging is actually a privilege — and unfortunately it's not a privilege that everyone gets to experience. Whether it's down to luck, lifestyle or good genes, every single birthday is a milestone worth celebrating.

Like a fine wine or mature cheese, most human beings actually get better with age. I might groan about lower back pain and the emerging lines on my face (wear sunscreen, kids), but I'm enjoying the many positive side effects that come with getting old(er):

• **Acquiring New Skills:** Age certainly does bring wisdom, thanks to all of the mistakes you make and life lessons you learn along the way. I'm not profoundly more intelligent than I was at 22, but I have reached new levels of competence when it comes to knowing how to reset my wireless router and navigate a foreign public transit system.

• **Forgetting about FOMO:** In my early 20s, I was very concerned with enjoying the same experiences as everyone else. I would throw on a party dress, down an espresso and force myself to go out even when I was utterly exhausted, because I was afraid of missing out on the fun I assumed I was supposed to be having. Now that I'm older and I've been there, done that, I don't feel guilty about staying in anymore. I've learned to truly appreciate the value of alone time, which is why I now feel OK about spending a Friday night drinking red wine and browsing through casserole recipes on Pinterest.

• **Increased Productivity:** The aforementioned low-key evenings mean weekend mornings no longer involve rolling out of bed midday with a throbbing hangover. Last Sunday I went for a run, bought a week's worth of groceries and finished three loads of laundry, all before noon. Acting like a pyjama-clad sloth during daylight hours is just not acceptable anymore — unless the Polar Vortex returns of course.

• **Better Relationships:** When you have a home, a job, and a variety of adult responsibilities, you don't have a lot of free time to spend with friends. Thus, the precious hours that you do have for socializing aren't wasted on undeserving faux friends who make you feel bad. Drama and gossip might have been salacious novelties in high school, but who has time for that anymore?

• **Self-Love:** Perhaps the most rewarding part of the aging process is an increased feeling of comfort and confidence in your own skin. With every passing year I feel more self-assured, accomplished and fulfilled with the person I've become. I guess all of that youthful jealousy and insecurity dissipates when you realize that focusing on your own happiness is much more rewarding than fixating on other people's perceptions of you.

Metro Bitstrips caption contest

Today's winner:
Elrich Foster

Become a cartoon star!

Bitstrips

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

MetroTube

metro AR

Strange overtones giving us good vibrations

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Hey, everyone! Are you in the mood to hear something cool? Of course you are. So get introduced to the absurdly talented multi-instrumentalist singer, Anna-Maria Hefele, who specializes in polyphonic overtone singing — which pretty much means singing more than one note simultaneously. She sort of sounds like a theremin, while her hand gesture sort of looks like she's playing one. (Anna-Maria Hefele/YouTube)

Twitter

@metropicks asked: Despite valiant efforts, a man failed to get to Bermuda in a homemade floating "Hydro Pod." What outlandish journey would you attempt to take?

@kingperry: I do hope to use a hovercraft to scale a mountain that isn't so steep. #Alps? #Kilimanjaro?

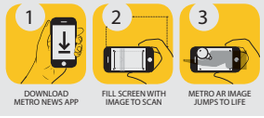
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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SCENE 2

DVD review

Live Die Repeat: Edge of Tomorrow

Director. Doug Liman, Julianne Jordan

Stars. Tom Cruise, Emily Blunt

This Tom Cruise action vehicle is going out on disc with the action title it should have had this past summer, instead of the soapy Edge of Tomorrow — which likely scared off a few potential viewers. But the handle really doesn't matter. For once, Cruise is fully engaged with a role, instead of merely selling it. He proves this over and over again in the film's time-looping format, which requires a coward to repeatedly die if he hopes to be reborn as a hero. Cruise gets grand support from a terrific co-star (a buff Emily Blunt), a smart director (Doug Liman, The Bourne Identity) and a bright screenplay adapted from Hiroshi Sakurazaka's popular 2004 novel All You Need Is Kill. Live, Die, Repeat has so much going for it you can easily forgive the climatic nonsense involving a world cultural landmark that plays like a sci-fi riff on The Da Vinci Code. PETER HOWELL

Director weaves a tangled World Wide Web in film

Men, Women & Children. Jason Reitman created his own virtual world for film about the way the Internet affects us

NED EHRBAR
Metro World News in Hollywood

To make a movie about the Internet, sometimes you need to build your own Internet. At least that was Jason Reitman's approach for his latest film, Men, Women and Children, about how technology complicates people's attempts at love, sex and connection.

You're dealing with a lot of traditional relationship problems, though. How much do you think the technology changes the situation?

It's the ability to communicate with strangers, to communicate with the unknown. And the ability to find it. The moment in a relationship when you go from cellphone face up (on the table) to cellphone face down. Yeah, things have changed and there's opportunity, but it's opportunity to follow human desire that has been around forever. And that can be desire for true intimacy or infidelity or to get into trouble. That's always been there. The Internet is this curiosity box that allows us to explore everything inside us whether it's good or bad.

What was your process for tackling the problem of making people staring at their phones and computers look interesting onscreen?

We had to build the Internet; the Internet is a location in this film. We can't just put an actor at a desk and say, "Go to Facebook." Because if you go to Facebook you're going to wind up on a page with lots of people who are not cleared, making lots of comments that are not cleared, taking pictures that are not cleared with ads that are not cleared. This whole movie is people interacting with the Internet, their tablets, their phones, and I wanted it all to be real. So we built the Internet as a location to the actors. For every scene we built our own software that would emulate the Internet.

metro AR Scan this image with your Metro News app to watch an interview with director Jason Reitman on what it's like working with actors like Jennifer Garner. CONTRIBUTED

"No hard feelings, but I deserve better."
RECYCLING REMINDER #7
Canadians use more than 1 million plastic bags per hour.
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MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

Bieber and Selena back on for the 958th time

Never let it be said that Justin Bieber isn't a show-off. And this week he's apparently showing off that his on-again, off-again relationship with Selena Gomez is very much on again — or at least her relationship with his shoulder tattoos. Bieber posted — then quickly deleted — a selfie to Instagram of Gomez cuddling up behind him, smooching his upper arm while he offers his usual eyebrow-raised, open-mouth confused tough guy look that always makes me think of Corey Haim. The photo was maddeningly free of caption or context, but they seem happy. In related news, according to comments on the photo, the reigning celebrity couple nickname for the pair is "Jelena," but I honestly would've gone with "Gober."

Restraining order sees Reeves resting easy

Keanu Reeves hopefully won't have to worry about Kerry Colen Raus, the woman who was caught trespassing at his home last month — for a little while, at least. The Matrix star has received a temporary restraining order against her, according to TMZ. The temporary order could be extended after a review hearing on Oct. 22. Raus was arrested in September after she took a dip in Reeves' pool followed by a shower in his house. She is currently in a psychiatric facility.

Keanu Reeves

The Word

The business of being a baby of Blake

NED EHRBAR
Metro in Hollywood

Blake Lively is pregnant, and she announced it by trying to hock some maternity wear on her lifestyle website, Preserve. How delightful. Instead of officially acknowledging Lively's incubation in any direct manner, the site instead includes a photo of the former Gossip Girl star cradling her baby bump along with a lengthy explanation of how the fledgling online outlet has been missing out on a lucrative market segment.

"We have something for men, for women, for the old, but we realized we don't have anything for the new," the Preserve editors write. "With family on our mind, we looked to the origin of it all — to the women in our lives who are right there, at that special moment; the creation of family." Naturally, the two items Lively is wearing in the photo are available for sale on the site.

This will be the first baby and marketing tool for Lively and husband Ryan Reynolds, who met while filming the Green Lantern and tied the knot in 2011. As the site's lengthy post says, "Congratulations to all the expecting mothers out there." We can only assume that includes Lively.

Now, can someone point out which products on the site are "for the old"? Because this I've got to see.

METRO DISH

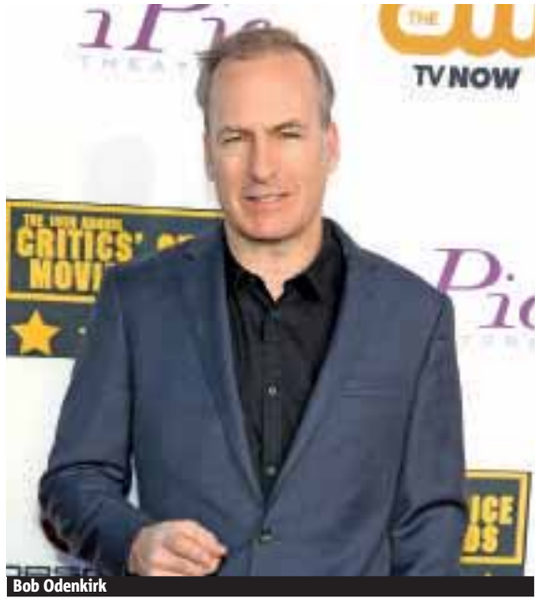
OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Theroux-ly annoyed by the press pointing to a biological clock

Justin Theroux

ALL PHOTOS GETTY IMAGES

Speaking of family planning, Justin Theroux really doesn't appreciate all the pressure everyone's putting on him and Jennifer Aniston to tie the knot and have a family. While he tells Australia's TV Week that he couldn't be happier "personally and professionally," the constant nagging from the press is getting a bit much. "I am not going to let a tabloid tell me what to do," he says. "I'm not going to watch them tap their watch. What the hell are you telling me to do?" Honestly, Justin, it's pretty obvious what they're telling you to do, and it doesn't sound like such a chore, really. "We're just doing our own thing," he adds. "We're completely happy, obviously, but we're not on anyone else's time frame." Well, if you change your mind, Blake Lively has some really lovely baby clothes and maternity wear to sell you.



Bob Odenkirk

Sing a song of Saul: Fans of future series get teased with a tune

Breaking Bad fans, rejoice. While the show's upcoming spinoff Better Call Saul doesn't premiere until February, AMC is whetting appetites with a delightful country-western music video tribute to the series and its titular crooked strip mall lawyer, Saul Goodman (played by Bob Odenkirk). The song, performed by Junior Brown, features lyrics written by show creators Vince Gilligan and Peter Gould chronicling the many pickles Saul's clients may find themselves in.

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entertainmentone

LIFE 3

Drink (or not) to your health

Studies. Here are the latest findings on wine, tea and energy drinks

EVA KIS
Metro in New York City

Go ahead and have a cup of tea. It has antioxidants that may provide survival benefits. ISTOCK

When it comes to our diets, we tend to focus on the foods we eat. But increasingly, scientists are looking at what we drink as having a significant impact on our well-being. We rounded up three recent studies analyzing some of the most common beverages, with mixed results.

Wine

The heart-healthy benefits of wine have been used to justify having another glass at many a dinner party. But there's a catch.

The aptly named In Vino Veritas (In Wine, Truth) study found that wine only protects against cardiovascular disease by lowering cholesterol in people who exercise.

Though evidence for wine's heart-boosting properties has been mounting for two decades, this is the first study that looked at its long-term effects on both types of cholesterol, which can foreshadow atherosclerosis (the buildup of plaque on the walls of arteries).

Professor Milos Taborsky of Palacky University in the Czech Republic found that red and white wines had the same effect: Both wines, when drunk regularly and in moderation, lowered levels of bad cholesterol (LDL), and red wine drinkers had lower cholesterol overall.

But among people who exercised at least twice a week, the addition of wine not only raised their good cholesterol (HDL), it decreased LDL and total cholesterol for both red and white wine drinkers. Cheers!

Tea

Brewed leaves just pulled ahead of brewed beans in the competition over which is better for you between tea or coffee.

A study of 131,000 French people aged 18 to 95 found that having a cuppa cut the risk of non-cardiovascular death by 24 per cent, based on blood pressure and overall health.

The research found that coffee drinkers had worse heart health, especially when it came to smokers (a whopping 57 per cent of people who drank more than four cups per day smoked.) Among tea drinkers, fewer overall smoked, especially those who drank more than four cups daily (29 per cent). Exercise rates were comparable between the groups.

Men tended to drink much more coffee than women, who vastly preferred tea. Interestingly, most of the benefits of tea were found in current or ex-smokers, with little effect on non-smokers.

Study author professor Nicolas Danchin summed it up by saying: "Tea has antioxidants, which may provide survival benefits. Tea drinkers also have healthier lifestyles. So does tea drinking reflect a particular (personal) profile, or is it tea, per se, that improves outcomes? Pending the answer to that question, I think that you could fairly honestly recommend tea drinking rather than coffee drinking, and even rather than not drinking anything at all."

Energy drinks

A new study presented at the European Society of Cardiology congress has definitively linked energy drinks with heart problems.

The typical 8.4-ounce energy drink contains about two espressos' worth of caffeine, which causes calcium to be released in cardiac tissue. This affects the heart's ability to contract and use oxygen, according to professor Milou-Daniel Drici of France's University of Nice.

Because the drinks are popular in clubs and during physical exercise, people tend to drink more than one at a time, increasing their risk of an adverse reaction, such as angina (chest pain due to poor blood flow to the heart) and even death.

Drici concluded that "the general public need to know that so-called 'energy drinks' have absolutely no place during or after physical exercise, as compared with other drinks designed for that purpose."

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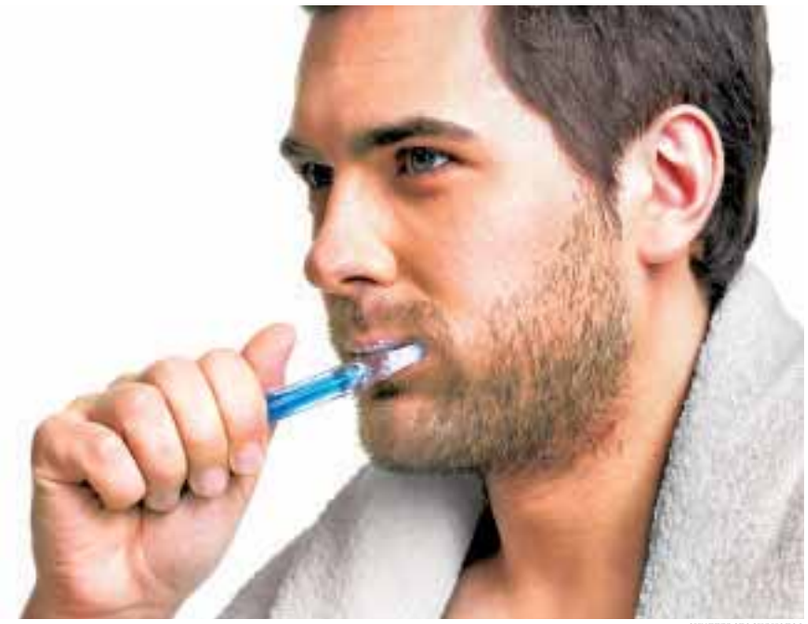

SHUTTERSTOCK PHOTOS

Take a bite out of winter with the right toothbrush

Follow the proper technique when brushing your teeth

For many Canadians, heading out and enjoying winter activities is a favourite pastime. But for those with sensitive teeth, sharp pain squashes the joy of winter when cold air hits their teeth.

Those of us with sensitive teeth know the feeling — that twinge of pain the moment something cold hits their teeth. It's caused by exposure of the nerve, which is the result of hard brushing, along with sugary and acidic foods, slowly stripping away the protective enamel of the teeth.

"Many people are not mindful of their technique or hurry when they brush, which can lead to abrasion of the teeth, especially at the gum line," says Toronto dentist Dr. Janet Tamo. "Eating or drinking sugar or citrus can also cause decay and sensitivity."

It's not an uncommon problem — about two-thirds of Canadian adults experience the discomfort of sensitive teeth. And many of us go to great lengths to avoid those unwelcome stabs of pain.

"Many people use avoidance as their primary technique," Tamo says.

She lists avoiding hot or cold foods and beverages, sipping drinks through a straw and keeping your mouth shut while outside in the cold as common ways that people try to dodge the pain. Some go so far as to cover their teeth with mouth guards when exposing them to cold.

There are a variety things you can do to ease the pain and get back to your enjoyment of winter. Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says. "They can also do a diet analysis to determine if there's too much sugar or acid in your daily diet."

One great way to ease the pain of sensitive teeth is with the right toothbrush and toothpaste.

Just in time for this winter season, Crest is launching Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce the lineup to Canadians.

CREST HELPS DEFEND AGAINST PAIN

You don't have to let the pain of sensitive teeth bench you this winter. Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Crest Sensi-Relief Whitening Toothpaste in Clean Mint whitens teeth by gently removing surface stains while soothing the nerves in your teeth, using potassium nitrate (5%w/w), the No. 1 recommended desensitizing ingredient for at-home sensitivity relief by dental professionals in Canada in 2013.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

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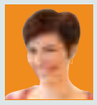
SHOPPERS DRUG MART

Stuff more than turkey this year, and make it gluten-free, too

Health Solutions

Digging in the cereal box



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you've done it: had a bowl of cereal for dinner — especially after a big meal like Thanksgiving.

You can take a shortcut once in a while as long as you pay attention to what comes out of that box.

Many cereals are made with ingredients that have been depleted of nutrients: white flour and sugar, and flavourings. There is then a fortification of liquid multi-vitamin tumbled on at the end of the process. Not only does that defeat the purpose, there has been some recent news that some of the nutrients can contribute to dangerous levels of some fat-soluble vitamins.

"Most people don't keep track of all of the ways they are consuming fortified foods, or their cumulative effects," says Darren Mahaffy, vice-president of marketing of Nature's Path Foods, which uses organic whole grains and real foods that are naturally nutrient-dense.

Once you are sure you are consuming real food, there are many ways to use cereal:

- Toss in with popcorn for a sweet and salty snack
- Place into baggies for dry, pre-exercise snacks
- Use as a base for stuffings and crispy toppings
- Make into bars and crumbles for desserts

Here is what I like to see on a cereal box:

- Whole grains only, preferably organic
- Wheat-free
- Short list of ingredients
- Nuts, seeds, flax, ancient grains
- 100 to 150 calories per cup
- 3 to 10 grams of fibre (not from inulin)
- 2 to 10 grams of protein
- Any cereal containing soy or corn must be organic to avoid genetic modification
- Sugar and sodium should be as low as possible
- No added colours (some have negative impact on growing brains!), artificial flavours or fortification of vitamins.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Alternative Thanksgiving Week.

Vegan guests and those with celiac disease will dig into these stuffed apples

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Thanksgiving is what my family calls "forced family fun." Mix in your vegan relative and your gluten-free neighbour and you have a recipe for culinary disaster.

Here is a dish that will please everyone with its beauty, nutrition and deliciousness. It's a simple way to turn ho-hum stuffing into a focal point. Better yet, it can be eaten by any guest with almost any dietary restriction. Whew!

Ingredients

- 2 stalks celery
- 1 carrot
- 1 onion
- 1 clove garlic
- 1 tsp extra virgin olive oil
- 1 tsp dried thyme
- 2 tsp poultry seasoning
- 1 tsp white pepper
- 1/2 tsp dry mustard powder
- Pinch salt
- 3 cups gluten-free Whole O's cereal (Nature's Path)
- 2 cups gluten-free vegetable broth
- 4 apples

This Gluten-Free Stuffing Stuffed Baked Apples recipe serves four. THERESA ALBERT

1. Preheat oven to 400 F.

2. Finely chop celery, carrot, onion and garlic and cook in skillet with oil for 5-8 minutes until soft. Stir in spices and toast Whole O's, 2 minutes. Add broth and simmer until absorbed.

3. Stuff into apples and bake for 10-15 minutes. Serve warm as a side dish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Squash gets a little bit fancy

This Winter Squash Stuffed With Red Quinoa recipe serves six. THE CANADIAN PRESS

1. Heat oven to 230 C (450 F).

2. Cut thin sliver from uncut bottoms of each squash half (so they'll stand flat). Place squash halves, cavity side up, on rimmed baking sheet and use 15 ml (1 tbsp) of oil to brush cavities. Sprinkle cavities with brown sugar, 3 ml (3/4 tsp) of salt and pepper. Bake 30 minutes or until almost fork-tender.

3. Meanwhile, in saucepan, bring 500 ml (2 cups) of water to a boil. Remove from heat, add tea bag and steep 3 minutes. Discard tea bag.

4. In another saucepan, heat 15 ml (1 tbsp) oil over medium heat. Add scallions and garlic and cook 2 minutes, stirring occasionally, until tender. Add quinoa, brewed tea, thyme and remaining salt; bring to boil. Reduce to simmer, cover and cook 17 minutes or until quinoa tender and liquid absorbed. Stir in butter and pecans.

5. Divide quinoa among squash, tent loosely with foil and bake 30 minutes.

Ingredients

- 2 acorn squash (750 g/1 1/2 lb each), halved lengthwise and seeds discarded
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) plus 5 ml (1 tsp) brown sugar
- 7 ml (1 1/2 tsp) coarse salt
- 2 ml (1/2 tsp) black pepper
- 1 English Breakfast tea bag
- 3 scallions, thinly sliced
- 2 garlic cloves, thinly sliced
- 250 ml (1 cup) red quinoa, rinsed
- 1 ml (1/4 tsp) dried thyme
- 30 ml (2 tbsp) unsalted butter
- 125 ml (1/2 cup) pecans, chopped

THE CANADIAN PRESS/THE BEEKMAN 1802 HEIRLOOM VEGETABLE COOKBOOK BY BRENT RIDGE AND JOSH KILMER-PURCELL (RODALE INC., 2014).

Winnipeg Jets forward Blake Wheeler scores against Calgary Flames goaltender Jonas Hiller in a pre-season game in Winnipeg on Saturday. Wheeler is one of the Jets' hopes to improve the team's offence, one of the many weaknesses that put them at the bottom of the Central Division last season. DAVID LIPNOWSKI/THE CANADIAN PRESS

Now it's for real: So, is Winnipeg ready?

Pre-season's over. Jets enter their fourth year in Winnipeg. Can they make the playoffs?

As the Jets prepare to start their fourth season in Winnipeg, the push for the playoffs is top shelf for fans and players, but it remains to be seen whether the current lineup has what it takes in the ultra-competitive Central Division.

"We're not where we need to be and we know that based on past results," Paul Maurice said as he started his first full season as head coach. "When is that time coming? And the answer is, 'I don't know.' We'll push as hard as we possibly can every day to get better."

After finishing last in the Central, 22nd overall in 2013-14 and sacking former head coach Claude Noel, general manager Kevin Cheveldayoff did little to change the team's makeup. Replacing centre Olli Jokinen with Mathieu Perreault was the biggest move.

Goaltending would seem to be No. 1 on the Jets' must-fix list. Ondrej Pavelec's numbers have been among the poorest of regular starting goaltenders in the NHL, but Cheveldayoff has stuck steadfastly by the Czech import.

He allowed the most goals in the NHL (163, finishing 97 out of 97) and had the worst goals-against average (3.01) of all who played 39 games or more last season. His save percentage of .901 was tied with the New Jersey Devils' Martin Brodeur for last among those 30 netminders (Brodeur's GAA was 2.51, however).

But Maurice is trying to coach better defensive hockey out of the team as a whole and says until that bears fruit, it's hard to judge a goalie.

"Play a strong enough game in front of him, give him a chance to win every night, and then we'll make an assessment of our goaltending and where it's at," he said.

Noncommittal

"When is that coming? I don't know."

Paul Maurice about Winnipeg making the playoffs.

His backup comes from within the system. Michael Hutchinson made a couple of pit stops with Winnipeg's ECHL and AHL farm teams before going 2-1 in the three games he started last April for the Jets.

Hutchinson's status was in doubt Sunday when the Jets traded surplus depth forward Eric Tangradi to the Montreal Canadiens for Peter Budaj, who has played nine seasons with the Colorado Avalanche and the Canadiens. But the Jets reportedly placed Budaj on waivers one day later.

The Jets' problems with their goal differential go beyond goaltending. Their goals-against of 231 matches their finish in the standings at No. 22 out of 30 and it really doesn't matter whether they're at even strength or not.

But one has to think the 389 penalties the team took certainly didn't help maintain offensive momentum. Only Montreal, St. Louis, Philadelphia and Ottawa took more.

On the plus and minus scale, the only Winnipeg defenceman among the top 60 in the league was Mark Stuart at No. 42 with his plus-11. Their top defensive pairings are Stuart and Toby Enstrom and Zach Bogosian and Jacob Trouba.

If the goal is goals, it's also not clear the Jets have the firepower they need but it's not clear they don't.

Blake Wheeler led the team with 28 goals last season, 27th on the NHL's goal-scoring list. Bryan Little's 23 earned him No. 64 on the list, captain Andrew Ladd's 23 put him at 67 and Dustin Byfuglien, who flipped to forward from blueline mid-season, had 20.

But as a unit the Jets' total of 219 ranked them at 15th and at even strength they do even better, 157 goals puts them in 10th spot in the league

Maurice is sticking Kane with Wheeler and Mark Scheifele and pledging to give the line time to jell.

That's good, because they didn't get a lot of time together in the pre-season. THE CANADIAN PRESS

Power trouble

The Jets' have trouble scoring on the power play, sitting 28th when they're five-on-four. Overall, their power play ranks 25th but their penalty kill is above average (10th), but then they get a lot of practice. Maurice is sticking Evander Kane with Wheeler and Mark Scheifele and pledging to give the line time to jell.

Nats strike back in San Fran

MLB playoffs.
Washington avoids sweep, thanks to rare lapse by Giants ace

Doug Fister pitched seven shutout innings and the Washington Nationals took advantage of Madison Bumgarner's one off-target throw, staving off elimination in the NL Division Series with a 4-1 win against the San Francisco Giants on Monday.

Fister dazzled again in San Francisco, helping the Nationals cut their deficit to 2-1 in the best-of-five series and ending the Giants 10-game post-season winning streak that started with Game 5 of the 2012 NL Championship Series against St. Louis.

Washington scored two runs on Bumgarner's throwing error in the seventh inning to end the ace's 21-inning scoreless streak. Bryce Harper punctuated the victory with a solo homer in the ninth.

"Really it came down to every pitch," Fister said. "Fortunately a ball bounced our way."

Drew Storen allowed the first two batters to reach in the bottom of the ninth but shook off his post-season struggles, allowing a run in closing it out as Washington forced a Game 4 on Tuesday night.

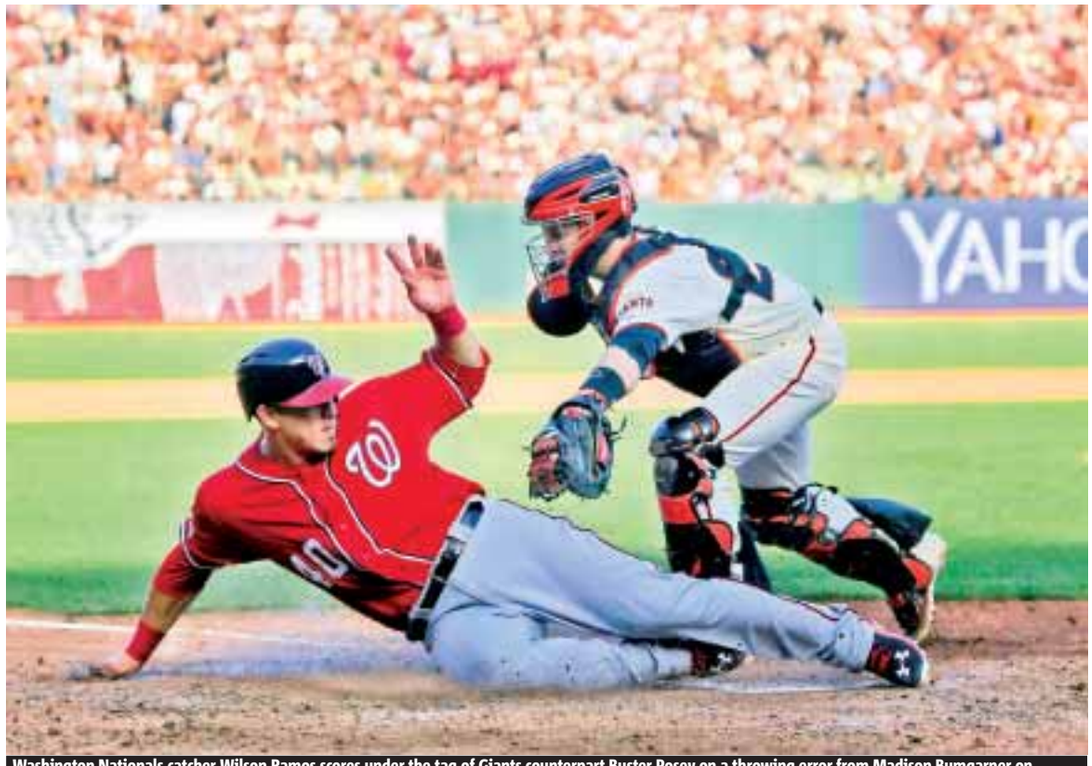
Now, the 96-win Nationals will send left-hander Gio Gonzalez up against San Francisco right-hander Ryan Vogelsong.

On a day Bumgarner had been nearly untouchable, his 21-inning post-season scoreless streak ended on his own miscue. Now, the Giants must wait another day to try to eliminate the Nationals, who trail 2-1 in the best-of-five series. THE ASSOCIATED PRESS

Game 3

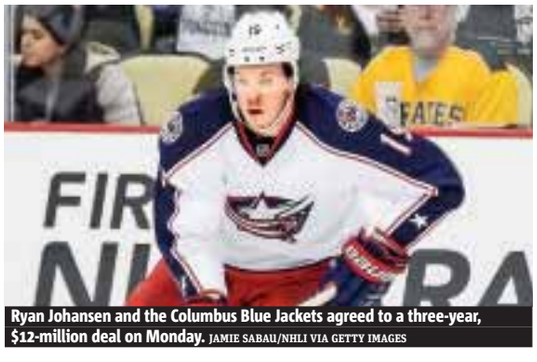
4	1
Nationals	Giants

- Go to metronews.ca for more MLB playoff coverage, including results from Monday night's game between the Cardinals and Dodgers in St. Louis.



Washington Nationals catcher Wilson Ramos scores under the tag of Giants counterpart Buster Posey on a throwing error from Madison Bumgarner on Monday afternoon in San Francisco. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Jackets get Johansen deal done in nick of time



Ryan Johansen and the Columbus Blue Jackets agreed to a three-year, $12-million deal on Monday. JAMIE SABAU/NHLI VIA GETTY IMAGES

Ryan Johansen missed most of training camp in a loud and public contract impasse.

He also missed his teammates.

The team's 22-year-old leading scorer finally reached agreement with the club on a three-year deal that will pay him $3 million US each of the first two years and $6 million in the third year. The cap hit will be $4 million per season, according to figures supplied by the office of Johansen's agent, Kurt Overhardt.

"I'm really excited to have this deal done," Johansen said in a statement. "I can't wait to rejoin my teammates, coaches and our fans in Columbus and help this team build on what we've started the past two seasons."

Coach Todd Richards was happy to have Johansen returning and also be rid of the distraction of the strained negotiations.

"(The signing is) nice on a couple of fronts," Richards said. "We're getting a good player back and with everyone else it's not a story or a distraction that's lingering in the background."

Johansen had totalled just 14 goals and 19 assists in his first 107 NHL games before exploding for 33 goals and 30 assists in 82 games last season, while leading the club to its best regular-season record ever and a berth in the playoffs.

But he was a restricted free agent and the negotiations soon got ugly.

"Obviously I'm very pleased to get this over with," general manager Jarmo Kekalainen said. "I talked to Joey briefly already and just basically told him, 'Get your butt over here and let's get to work.'" THE ASSOCIATED PRESS

No time to catch up

Pending travel and visa arrangements, Ryan Johansen, who was in his native Vancouver area when the deal was announced, was expected to be available for the Blue Jackets' season opener on Thursday night in Buffalo.

Tennis

Bouchard hits new Canadian high

Eugenie Bouchard has become the first Canadian tennis player to reach No. 6 in the WTA world rankings.

The 20-year-old from Westmount, Que., has been in the top 10 since July, when she moved from 13th to seventh. THE CANADIAN PRESS

NHL

Bouillon fails to make Habs' cut

Francis Bouillon's bid for another season with the Montreal Canadiens is over.

The veteran defenceman who was a favourite of coach Michel Therrien dating to their junior days in the 1990s was told Monday he would not be offered a contract. THE CANADIAN PRESS

Mental health awareness

OHL launches 'Talk Today' program

Seven months after the suicide of Saginaw Spirit forward Terry Trafford, the Ontario Hockey League is teaming up with the Canadian Mental Health Association to help players understand, recognize and treat mental health issues.

"We view the importance of this subject matter, given the terrible tragedy that we all faced, that we had to maybe step up our efforts in this area and provide a more focused area of support," OHL commissioner David Branch said Monday.

The OHL's 20 teams will be assigned a mental health coach who will be available for players, coaches, parents, billets and other members of the organization. THE CANADIAN PRESS

USA Swimming

Phelps banned for six months

Michael Phelps' comeback took a major hit on Monday, with USA Swimming suspending the 18-time Olympic champion for six months and forcing him to withdraw from next year's world championships.

Phelps also lost six months of funding from the sport's national governing body as a result of his second DUI arrest. The 29-year-old is banned from participating in USA Swimming-sanctioned meets through April 6, 2015.

Phelps came out of retirement earlier this year with his sights set on competing at a fifth Olympics in Rio. Being barred from next August's worlds could put a serious dent in those ambitions. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Leave your responsibilities and worries behind and do something that inspires you. That applies to your personal life, too.

♉ Taurus
April 21 - May 21
What happens in your work environment will give you the chance to show how well suited you are to take on a leadership position. While others lose their heads you will be the picture of calm.

♊ Gemini
May 22 - June 21
Don't let anyone tell you that you are not entitled to enjoy the good things in life. Too often you have held back while those less talented but with bigger egos have pushed ahead. Time to reverse that.

♋ Cancer
June 22 - July 23
Have faith in your instincts. What happens over the next few days will prove you right so stick to your guns — you'll get the last laugh.

♌ Leo
July 24 - Aug. 23
According to the planets you are trying too hard. What you need to do is to sit back for a while and let life come to you.

♍ Virgo
Aug. 24 - Sept. 23
Work hard today but don't go to extremes. You will be more productive if you pace yourself and don't try to do everything at once. Be kind to yourself.

♎ Libra
Sept. 24 - Oct. 23
Keep affairs of the heart on a fun level. The more you try to force a relationship in a certain direction the more the one you love will feel pressured.

♏ Scorpio
Oct. 24 - Nov. 22
There is no need for regrets or remorse. Set your sights on the future and make it the best it can possibly be. It's tomorrow that matters.

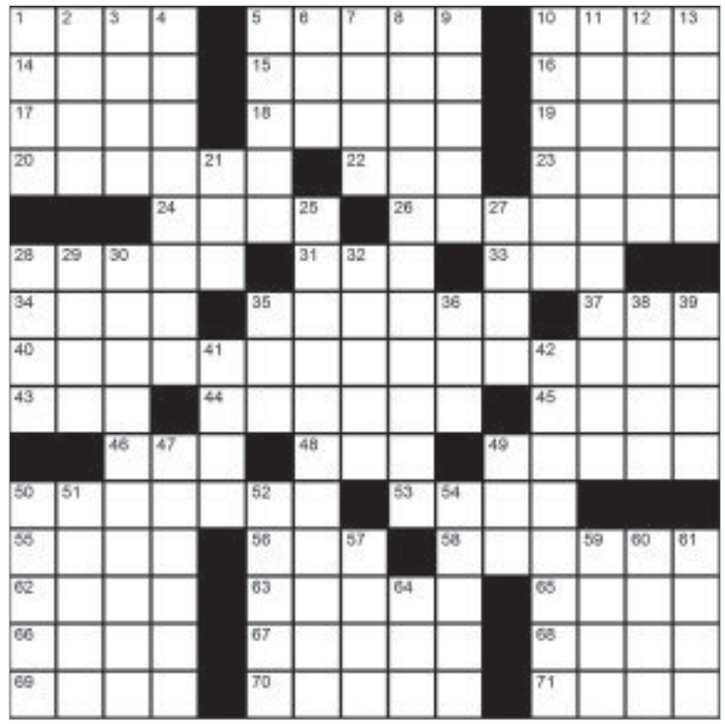
♐ Sagittarius
Nov. 23 - Dec. 21
Your circumstances will change for the better over the next few weeks but over the next few days there will be times when it seems as if things are moving backwards. Be patient.

♑ Capricorn
Dec. 22 - Jan. 20
If you acknowledge your weaknesses now you will be operating from a position of strength later in the week.

♒ Aquarius
Jan. 21 - Feb. 19
You know that something good is going to happen but you also know you may have to go through a rough patch first. Take what happens today and tomorrow in your stride.

♓ Pisces
Feb. 20 - March 20
It may at times seem as if the world is coming apart at the seams but from a higher perspective things have never been better. Trust more and smile more.

Crossword: Canada Across and Down by Kelly Ann Buchanan



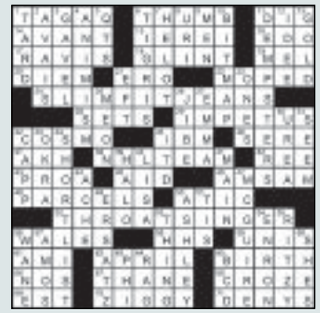
Across

1. Canadian artist, Wanda __
5. This thingy in music: #
10. Power, puny-ly
14. She, in Seville
15. Of the ear
16. Ms. Ward
17. Canadian Museum of Immigration at __ 21, in Halifax
18. Priestess in Georges Bizet opera The Pearl Fishers
19. Lettered frozen dessert chain
20. Belonging to an incisor or molar, say
22. Fitting
23. 'Buck' add-on
24. Hawaiian feast
26. Nickname for Toronto
28. Finish by...: 2 wds.
31. Business excess
33. Workout unit, commonly
34. Pull in $$$
35. 1987 U2 album: 'The __ Tree'
37. Thrill __ _ lifetime
40. War of 1812 artifacts: 3 wds.
43. Compass point
44. Witch in the musical Wicked
45. Ancient's 8
46. Slamming sound!
48. Slimy stuff
49. Celebrations
50. Extend
53. Benefit
55. Li'l math course
56. Plane's take-off info
58. Foreigner hit
62. __-de-camp
63. __ River, BC
65. Some punk music fans
66. Musical Lady
67. __ circle (Those in the know)
68. Peril
69. Utopia
70. Valley in Ontario depicted by The Group of Seven
71. Fr. women-with-halos

Down

1. Held
2. Medley meal
3. Margarine
4. __ Brothers: "Soul City" Canadian group
5. Dance style
6. Shade
7. Classical song
8. Calgary Stampeders mascot: 3 wds.
9. Ancient philosopher
10. Ritzy expanse
11. City of the dead
12. __ room (Enough space to move)
13. Silk-like fabric
21. Gilligan's dwelling
25. Type of occurrence in '77's "Close Encounters of the Third Kind": 2 wds.
27. Take greedily
28. "Mistakes of My Youth" band
29. Rob Roy's refusals
30. Moat crossing
32. __ __ questions (Be inquisitive-not)
35. Summer mo.
36. Stage actress Ms. Hagen
38. Move, Hummingbird-style
39. Rummage sale tag notation: 2 wds.
41. Company bosses, collectively [abbr.]
42. Ralph Fiennes/Uma Thurman spy movie, "The __" (1998)
47. Greece-__ Sea-Turkey
49. Tree type
50. Theatre's surface
51. Set of three
52. As You Like It role
54. Tony-winning actress/singer Ms. McDonald
57. Mr. Carvey
59. Send forth
60. Breather
61. Posh put-downs
64. Back the tape up, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	2				4	9	
			9		1			
9	1			3			7	8
		6	2		5	1		
5								7
		3	8		6	9		
7	5			2			4	6
			6		4			
	8	4				3	2	

Yesterday's Sudoku

8	1	9	2	5	4	6	7	3
2	5	3	6	7	9	8	1	4
6	4	7	1	3	8	9	2	5
7	9	1	5	8	2	4	3	6
3	2	8	9	4	6	1	5	7
5	6	4	7	1	3	2	9	8
9	7	5	4	6	1	3	8	2
1	3	6	8	2	7	5	4	9
4	8	2	3	9	5	7	6	1

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